Be a better consumer in 1981

As 1980 comes to an end, take stock on how to become a better consumer. Here are a few suggestions.

Shop for price and value.

Buy items for specific purposes.

Avoid credit when possible.

Don't buy on impulse.

Develop a spending plan and use it. Only make revisions and adjustments when absolutely necessary.

Keep records of spending. Keep the listings under categories such as tax deductible items so it will be easy to summarize them for next year's income tax.

Pay bills on time to avoid interest charges.

Purchase only after reading consumer report guides and shopping around to be knowledgeable of available features and the pros and cons of products.

Become acquainted with Consumer Reports, Changing Times, Money and other consumer-oriented publications at the local library.

Take better care of the automobile by having periodic tune-ups and oil changes.

Make periodic preventive maintenance checks on the automobile as this kind of personal inspection can prevent costly repairs later.

When grocery shopping, study the weekly sales of the local supermarket and use those foods in menus.

Try to use more of the off-brands when buying foods and clothing.

Turn all lights off when leaving a room.

Do not make unnecessary trips to the store or to run other errands.

Combine trips to be more efficient.

Get more exercise by parking farther from the destination. It saves fuel too.

Turn the thermostat to a lower setting at night.

Wear warmer clothing and lower the home heating during the daytime.

Make long-distance telephone calls between 11 p.m. and 8 a.m. weekdays, or from 5 p.m. Friday to 5 p.m. Sunday, and save 60 percent of the cost of the call if made during the weekdays between 8 a.m. and 5 p.m.

Consider shopping at food stores where customers bag their own groceries. The prices are usually lower.

Report wants, likes, and dislikes to dealers and manufacturers so they can serve their customers better.

Encourage fair practices by buying from businesses who sell better goods and services at reasonable prices.

Know the laws and regulations that affect the consumer.

Get the most income possible from savings consistent with safety of investment.

Learn about government agencies that help protect and guide consumers.

Promote group action for consumers' interests in local organizations.

It may be difficult to increase income but time and money can be used better in 1981.

Cook steaks right

For most steaks and roasts, it really doesn't make a great deal of difference in taste or food safety whether they are cooked from the frozen state or allowed to thaw. The difference is in the time required for cooking.

Fresh and frozen meats can and frequently are cooked by the same methods,even though it may require up to 50% more time for the frozen meat to reach the same stage of doneness.

Virginia Tech Extension specialists recommend that frozen meats be thawed first, because of the increased time for cooking.

But, if for some reason the meat has not been thawed, it can still be cooked; it will just take longer. For some cuts of meat, the increased length of time will not be significant in the meal plans.

The reasons for thawing first include that less energy is required for cooking as there is a shorter cooking time compared to cooking from the frozen state and there is a slight improvement in tenderness, said Norman G. Marriott, food technologist, and Jo Anne Barton, foods and nutrition specialist.

The preferred and safest methods of thawing meat are to defrost the wrapped package in the refrigerator or unwrap it for a microwave oven.

Meat tenderness and juiciness depend on cooking method and time. Lower cooking temperatures--about 325 Fahrenheit, until an internal temperature of 160 degrees Fahrenheit is reach--result in less cooking losses and increased juiciness and tenderness.

GREETINGS

The beauty and spirit of the season brings to mind most wonderful gifts . . . friendship, loyalty and good will. We thank you for yours and wish you a Merry Christmas.

WOODS GARAGE, INC.
SPOUT SPRING, VA.

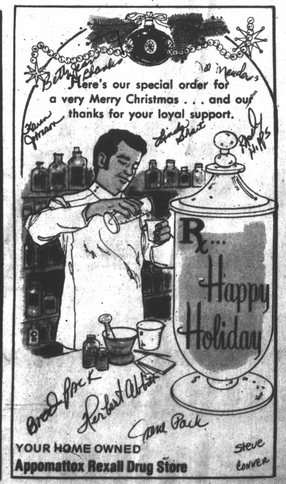
Merry Christmas!

We're never out of good wishes for you, our patrons, at this most joyous time! Happy holidays!

Amoco Service Station & Car Wash
460 West Appomattox, VA

NOEL

Season's Greetings to our Friends!
J.A. BURKE INSURANCE
33 Main St.
Appomattox, Va.
352-8246



YOUR HOME OWNED
Appomattox Rexall Drug Store

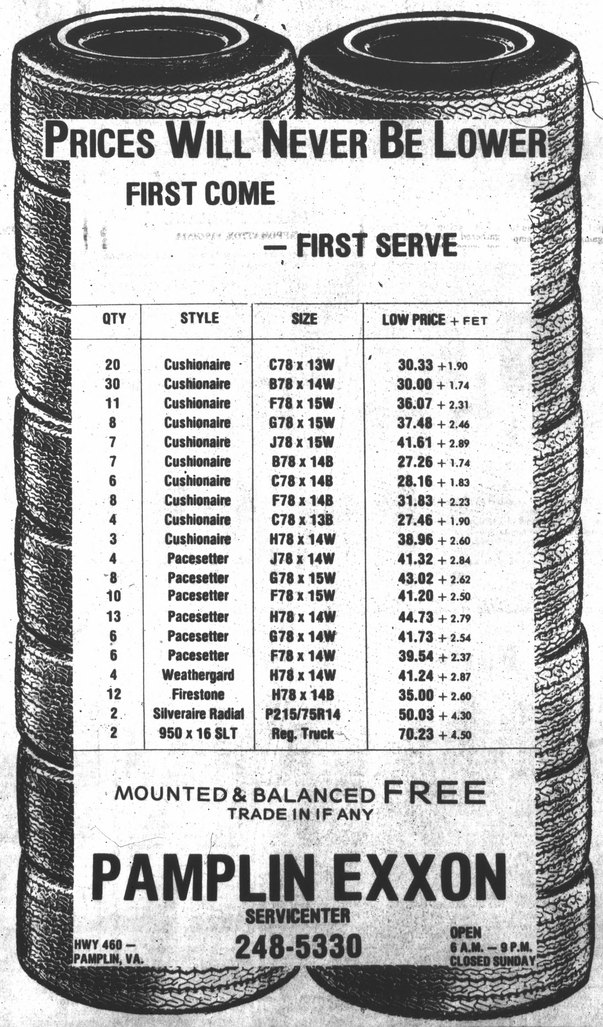
Greetings to all Here's wishing you lots of joy and laughter to remember all year.
WHITE'S AUTO STORE
Carl, Sue, Donna and Faye

May the radiance of the Christmas spirit shine upon all men.

something special in photography

Joe Vaughan PHOTOGRAPHY
phone: 352-5860

Truck Load TIRE SALE!



PRICES WILL NEVER BE LOWER
FIRST COME
— FIRST SERVE

QTY	STYLE	SIZE	LOW PRICE + FET
20	Cushionaire	C78 x 13W	30.33 + 1.90
30	Cushionaire	B78 x 14W	30.00 + 1.74
11	Cushionaire	F78 x 15W	36.07 + 2.31
8	Cushionaire	G78 x 15W	37.48 + 2.46
7	Cushionaire	J78 x 15W	41.61 + 2.89
7	Cushionaire	B78 x 14B	27.26 + 1.74
6	Cushionaire	C78 x 14B	28.16 + 1.83
8	Cushionaire	F78 x 14B	31.83 + 2.23
4	Cushionaire	C78 x 13B	27.46 + 1.90
3	Cushionaire	H78 x 14W	38.96 + 2.60
4	Pacesetter	J78 x 14W	41.32 + 2.84
8	Pacesetter	G78 x 15W	43.02 + 2.62
10	Pacesetter	F78 x 15W	41.20 + 2.50
13	Pacesetter	H78 x 14W	44.73 + 2.79
6	Pacesetter	G78 x 14W	41.73 + 2.54
6	Pacesetter	F78 x 14W	39.54 + 2.37
4	Weathergard	H78 x 14W	41.24 + 2.87
12	Firestone	H78 x 14B	35.00 + 2.60
2	Silveraire Radial	P215/75R14	50.03 + 4.30
2	950 x 16 SLT	Reg. Truck	70.23 + 4.50

MOUNTED & BALANCED FREE
TRADE IN IF ANY

PAMPLIN EXXON
SERVICENTER
HWY 460 — PAMPLIN, VA.
248-5330
OPEN 6 A.M. — 9 P.M. CLOSED SUNDAY

Jesus, the minister

By WILLIAM L. TRIMYER
The Public Ministry of Jesus
Lesson for December 28, 1980
Scripture References: Matthew 3:13 - 4:25
Focal Passages: Matthew 3:13-17; 4:17-25
Introduction

In this week's lesson we will take a look at Jesus and his public ministry. Jesus announced his public ministry at his baptism by John.

To go public with an announcement about one's intentions is risky business. It's a risk because you are declaring your will and expectations. People will look to you to see how you intend to materialize your commitments.

When Jesus sought baptism by John the Baptizer, he was, in fact, laying himself on the line. He was declaring his mission and publically dedicating himself to this mission. For the next three years Jesus would time and again remind his followers of that early commitment to his heavenly Father's mission.

The Baptism of Jesus [Matt. 3:13-17]

Jesus and John were cousins. It doesn't seem likely that John saw much of Jesus, but he did know of him. The fact that Jesus comes to John for baptism indicates that Jesus endorsed John's method as a symbol of repentance. Of course, Jesus did not come to John for repentance of any sins, but he entered the baptismal waters as a means of identifying with sinners. He would again do this in his crufixion on the cross.

Not only did Jesus endorse John and his method of baptism, but in the act of baptism Jesus was endorsed by his heavenly Father. God was pleased with the mission and the one whom he sent to fulfill that mission.

The Temptations of Jesus [Matt. 4:1-11]

Jesus is known to us as the God-man. His humanity implied that he would face select crises throughout his three-year ministry. Jesus faced many personal battles of the spirit just as he had to battle against physical temptations.

Out in the wilderness, Jesus was faced with temptations that would confront him time and again. There he wrestled against the temptation to reign as a political or military leader. Jesus did not wrestle with a man in red hot pants with horns; he wrestled with the unseen but intensely present temptaion to choose an alternate route, namely, to establish and earthly kingdom.

Jesus stood his ground and maintained his conviction to the divine mission of his heavenly Father. This was no easy struggle for Jesus.

Temptations are never easy to do battle with. We are often confronted with the temptation to choose the lowest even when we know what is best for us. To deny one's needs or wants for the sake of others is not easy to maintain. Jesus struggled with this but won the battle.

The Call Of Jesus [Matt. 4:17-22]

Jesus was a powerful person. He spoke and acted with a profound sense of authority. When Jesus issued a summons for people to follow him, very few resisted his call. And the people whom Jesus called were ordinary persons but with diverse backgrounds.

There was Simon the Zealot and Matthew the tax-collector. It is amazing how Jesus takes an anti-government personality like Simon, and a pro-government personality like Matthew, and blend them together. Jesus also issued the call to discipleship to men who were fishermen. He wanted to blend their skills as fishermen to enable them to become "fishers of men."

When Jesus issued his summons, it was a call to a radical discipleship. It was a call to make some sacrifice for the kingdom of heaven. As Deitrich Bonhoeffer states it, "When Christ calls a man (person), he bids them come and die."

The Galilean Minister [Matt: 4:23-15]

The group that Jesus gathered around him were not super "humans. They were ordinary people with ordinary gifts.

They were a motley group, not necessarly brave nor dependable, but willing. That's the key, to be willing and to make oneself available for service. Too long we have interpreted ((the call" in such supernatural language that many persons believe that to be called of God is to hear an audible voice saying, "Go preach!" or "Go to Africa as a missionary!" Quite often God "calls" those who simply make themselves available for service. Sometimes it's just a matter of saying, "Here I am, Lord, send me."

Jesus was a great minister. He was a teaching minister, a preaching minister, and a healing minister. In all of his ministering ways he sought to meet both spiritual and physical needs of persons.

Bill Trimyer is Chaplain at Burnham Hospital in Champaign, Ill. (WLYP)

The Bible and daily living

Obituaries

Lou Covington Rogers

Mrs. Lou Covington Rogers, 67, of 108 Church St., died Thursday at her residence. She was the wife of the late Ernest Carl Rogers.

Born in Prince Edward County, she was a daughter of the late Edgar F. Covington and Ida Swan Covington. She attended State Teachers College in Farmville and taught in the public school system of Appomattox County for 39 years retiring in 1977. She was a member of Memorial United Methodist Church where she sang in the Sanctuary Choir and was a member of the Fidelis Sunday School Class and the United Methodist Women. She was a member of the Retired Teachers Association, the Longwood Alumni Association, and the Young Hearts Club.

She is survived by two brothers, Robert Walker Covington Sr., and Henry J. Covington, both of Pamplin, and a number of nieces and nephews.

Funeral services were held at 2 p.m. Saturday at Memorial United Methodist Church by the Rev. P. Edward Leonard. Burial was in the Swan Family Cemetery.

Robinson Funeral Home was in charge of arrangements.

BUY - SELL - OR TRADE CLASSIFIED ADS GET RESULTS

Vietnamese health materials available

To help with the influx of Vietnamese refugees, a number of whom have tuberculosis, the Virginia Lung Association is providing some materials in the Vietnamese language to the State Health Department. This material will be used in various parts of the state where refugees are settling.

Both the Lung Association's pamphlets, "Standing Between You and TB" (about the drug INH), and "Some Things to Watch For If You Take TB Drugs," have been translated for use with refugees.

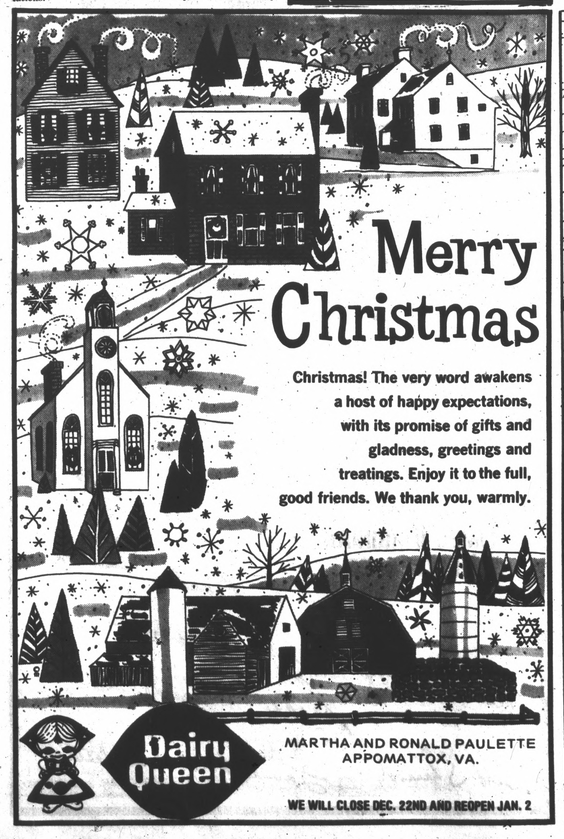
Many of the Vietnamese "boat people", spend months in Asian refugee camps waiting to come to the United States. Though all were examined there by the U.S. Public Health Service, some developed TB during the long wait before embarkation.

Virginia's State Health Department, confronted by over 10,000 Southeast Asian refugees, found itself with few materials in these languages.

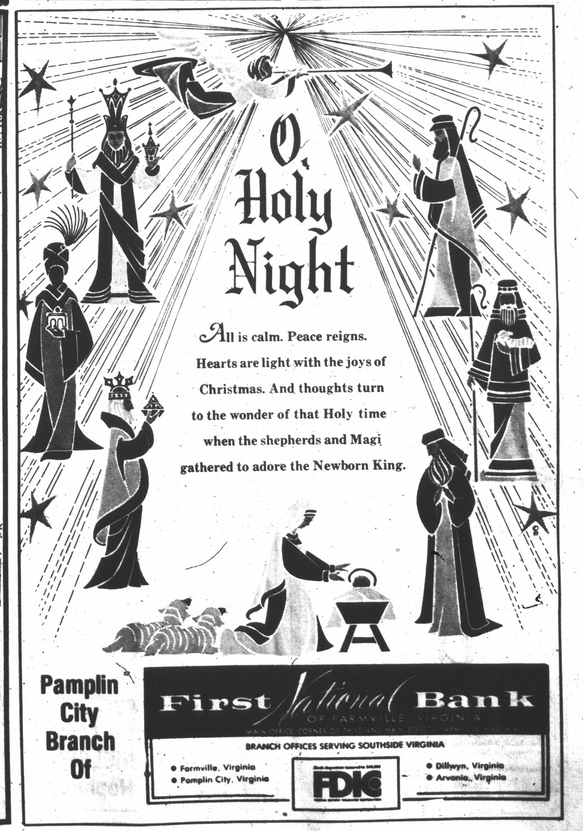
It's Christmastime
Let joy enter your hearth and home.
Thanks for your support.
PHELPS GARAGE
APPOMATTOX, VIRGINIA

May the spirit of Christmas remain in your hearts all through the holidays.
MERRY CHRISTMAS
J. E. JAMERSON & SONS, INC.
APPOMATTOX, VIRGINIA

May this Christmas bring the light of hope to guide the way to a better world for all.
Superior Florist
GREENHOUSES AND NURSERY
HIGHWAY 26 — APPOMATTOX, VA.
PHONE 804-352-7624
REGGIE STEPHENSON FAYE STEPHENSON



Merry Christmas
Christmas! The very word awakens a host of happy expectations, with its promise of gifts and gladness, greetings and treatings. Enjoy it to the full, good friends. We thank you, warmly.
Dairy Queen
MARTHA AND RONALD PAULETTE
APPOMATTOX, VA.
WE WILL CLOSE DEC. 22ND AND REOPEN JAN. 2


O Holy Night
All is calm. Peace reigns.
Hearts are light with the joys of Christmas. And thoughts turn to the wonder of that Holy time when the shepherds and Magi gathered to adore the Newborn King.

Pamplin City Branch Of
First National Bank
BRANCH OFFICES SERVING SOUTHSIDE VIRGINIA
Farmville, Virginia
Pamplin City, Virginia
Dillwyn, Virginia
Arvonia, Virginia
FDIC

D
E
C